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ABSTRAK

ANGGIA FEBIANKA

KANDUNGAN PROTEIN DAN DAYA TERIMA BISKUIT LABU KUNING DENGAN SUBSTITUSI TEPUNG IKAN NILA SEBAGAI PEMBERIAN MAKANAN TAMBAHAN PEMULIHAN (PMT-P) BALITA GIZI KURANG

Pemberian biskuit PMT-P merupakan salah satu upaya penanggulanagan gizi kurang pada balita. Syarat PMT-P telah diatur dalam Peraturan Menteri Kesehatan Nomor 51 tahun 2016 yaitu energi 400 kkal, protein 8-12 g, lemak 10-18 g di dalam 100g produk, dan diperkaya vitamin dan mineral. Labu kuning dan ikan nila baik digunakan sebagai bahan baku PMT-P karena kaya akan provitamin A dan protein yang baik untuk tumbuh kembang balita. Tujuan penelitian ini untuk menganalisis kandungan protein serta daya terima biskuit labu kuning dengan substitusi tepung ikan nila sebagai PMT-P balita gizi kurang. Penelitian ini menggunakan Rancangan Acak Lengkap (RAL) dengan 4 formula. Pengolahan data daya terima panelis menggunakan uji Kruskal Wallis dan uji lanjut Mann-Whitney serta data kandungan protein dianalisis secara statistik deskriptif yaitu menggunakan rata-rata dari setiap formula. Hasil uji sensori biskuit menunjukan terdapat perbedaan nyata ($p<0,05$) antar formula biskuit labu kuning dengan substitusi tepung ikan nila terhadap warna, aroma, rasa, dan tekstur. Daya terima tertinggi pada biskuit labu kuning dengan substitusi tepung ikan nila terdapat pada formula F1 dengan nilai rata-rata warna, aroma, rasa, dan tekstur hampir sama atau mendekati F0. Kandungan protein seluruh formula sudah memenuhi syarat kandungan protein untuk PMT-P balita gizi kurang dalam Peraturan Menteri kesehatan No 51 tahun 2016. Kandungan Protein tertinggi terdapat pada formula F3 yaitu 17,46 g dalam 100 g

Kata kunci: biskuit PMT-P, kandungan protein, labu kuning, ikan nila

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ABSTRACT

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PROTEIN CONTENT AND ACCEPTANCE OF YELLOW PUMPKIN BISCUITS WITH SUBSTITUTION OF TYLA FISH FLOUR AS AN ADDITIONAL RECOVERY FOOD (PMT-P) TO UNDERNUTRIZED TODDLER

Providing PMT-P biscuits is one of the efforts to overcome malnutrition in toddlers. The requirements for PMT-P have been regulated in Minister of Health Regulation Number 51 of 2016, namely 400 kcal energy, 8-12 g protein, 10-18 g fat in 100 g of product, and enriching vitamins and minerals. Yellow pumpkin and tilapia are good to use as raw materials for PMT-P because they are rich in provitamin A and protein which are good for the growth and development of toddlers. The aim of this research was to analyze the protein content and acceptability of pumpkin biscuits with the substitution of tilapia fish meal as PMT-P for malnourished toddlers. This research used a Completely Randomized Design (CRD) with 4 formulas. The panelists' acceptability data was processed using the Kruskal Wallis test and the Mann-Whitney advanced test and the protein content data was analyzed descriptively statistically, namely using the average of each formula. The results of the biscuit sensory test showed that there was a significant difference ($p<0.05$) between the pumpkin biscuit formula with tilapia flour substitution in terms of color, aroma, taste and texture. The highest acceptability of pumpkin biscuits with tilapia flour substitution was found in the F1 formula with average values for color, aroma, taste and texture almost the same or close to F0. The protein content of all formulas meets the protein content requirements for PMT-P undernourished toddlers in Minister of Health Regulation No. 51 of 2016. The highest protein content is found in the F3 formula, namely 17.46 g in 100 g

***Keywords**: PMT-P Biscuits, Protein Content, Yellow Pumpkin, Tilapia Fish*